

FORT SAM HOUSTON News Leader

MARCH 13, 2008 • VOL. 50, NO. 10

"HOME OF ARMY MEDICINE"

BAMC designates clinic for Warriors in Transition

By Jen Rodriguez
Brooke Army Medical Center

To enhance care for Warriors in Transition, Brooke Army Medical Center Family Medicine Services has converted the BAMC Medical Examinations and Flight Medicine clinic in Family Medicine Services to the Warrior in Transition Primary Care Manager Clinic.

Medical Exam and Flight Medicine returned to the McWethy Troop Medical Clinic, where it had been until 2003.

"The arrangement really makes the work that we do in this clinic appear set apart and special," said Dr. Sara Pastoor, chief, Department of Family and Community Medicine. "We feel this is a major improvement in convenience for our customers and other members of the health-care team, as well as for us."

"Our goal was to provide the Warriors in Transition with their own geographic footprint

with their own private check-in area, waiting area, entrance and offices; the changes will enhance efficiency, customer service and customer satisfaction."

Before the renovations, the WT PCM Clinic was enveloped in the Family Medicine Services, BAMC clinic, which saw more than 300 BAMC patients each day.

"The staff assigned to the Warrior in Transition Clinic (clerks, nurses, providers) are dedicated to this mission only, yet they were sharing space with the rest of the clinic, which made it difficult for our customers (patients, their Family members and attendants, case managers, squad leaders) to know who to go to for what," said Pastoor.

"WT clerks were mixed in with the 'big clinic' clerks at a shared front desk with a shared waiting area, and clinical areas

See **CLINIC P4**

Women's History Month

The Great Plains Regional Medical Command will host a Women's History Month commemoration Friday from 11:30 a.m. to 1 p.m. in the Army Community Service auditorium, Building 2797, on Stanley Road. The guest speaker will be Chief Justice Alma Lopez, San Antonio Fourth Court of Appeals. For more information, call Sgt. 1st Class Matthew Crown at 295-2353. To request reasonable accommodations for a disability, call 221-0218.

Open wide



Photo by Elaine Wilson

Staff Sgt. Michael Mason, Preventive Dentistry Course instructor, instructs student Sgt. Paula Rietman on proper instrumentation technique at the course's fully functional clinic, located in the Army Medical Department Center and School. Students of the course progress straight from the classroom into the field, so the clinic provides much-needed hands-on practice for the Soldiers as well as an added benefit for clinic visitors, who receive free preventive dental care. **See related article on Page 18.**

INSIDE

HONORING
SOLDIERS



Warriors in
Transition receive
Purple Hearts

PAGE 3

REMEMBER
THE ALAMO



172nd anniversary
of the Battle of the
Alamo

PAGE 6

THIS IS ONLY
A TEST



Army North stages
HAZMAT exercise
downtown

PAGE 8

E-MAIL NEWS LEADER AT: NEWS.LEADER@CONUS.ARMY.MIL

‘Giant Voice’ relays emergency messages to post community

By Cheryl Harrison
Fort Sam Houston Public Information Office

A computer-based, radio-operated emergency warning system, or Giant Voice, is programmed to release emergency messages during normal duty hours to the general populace at Fort Sam Houston.

The Mass Notification System is programmed to enable the broadcast of emergency-related messages or serious incidents that threaten personnel on Fort Sam Houston. Messages may be transmitted from either the Installation Operations Center or Directorate of Emergency Services. Messages can be initiated from either the computer console with the installed software or from the SS2000D control unit.

Giant Voice allows emergency messages to be sent out to the post community in real time. This system augments and complements the dialogic automated mass phone message system and the computerized notification system. Since

The Giant Voice test is sent out the third Wednesday of each month at 9 a.m. The following dates are scheduled for Giant Voice tests: Wednesday, April 16, May 21, June 18, July 16, Aug. 20, Sept. 17, Oct. 15, Nov. 19 and Dec. 17.

not everyone is at their work station all the time and not everyone has computer access, Giant Voice fills the void.

Six speakers on post, resembling martin birdhouses, are capable of coverage that is heard from the Interstate Highway-35 area to as far north as the Koeler and Hardee roads area.

The IOC has primary responsibility for program configuration and release of emergency messages during normal duty hours. Each MNS is programmed with identical software and configurations,

but has the capability to operate independently of the other system.

The MNS is pre-programmed with five digital voice messages. Each message is preceded by a siren and will play twice when activated, with the exception of All Clear, which plays six times. The system has the capability for real-time voice broadcasts through the Motorola Radio set.

Available digital voice messages:

- DV 11: This is a tornado warning ... take shelter immediately.

diately.

- DV 12: This is a flash flood warning ... you are advised to move to higher ground immediately.

- DV 13: This is a severe thunderstorm warning.

- DV 14: All personnel are directed to shelter in place at this time ... go to the nearest building and remain inside until All Clear is announced.

- DV 15: All Clear (repeated six times).

Exercise and Test Digital Voice Messages will repeat the word six times and will be followed by a real-time voice announcement or two iterations of the Westminster Chimes; DV 16: Test (repeated three times. Pause. Repeated three times. Pause. Repeated three times. DV 17: Exercise. (repeated six times).

For more information, call Michael McCarthy at 221-0714.



Editorial Staff

Army Medical Department Center and School and Fort Sam Houston Commander

Maj. Gen. Russell Czerw

Garrison Commander

Col. Wendy Martinson

Public Affairs Officer

Phillip Reiding

Editor/Writer

Elaine Wilson

Staff Writer

Cheryl Harrison

Layout Artist

Lori Newman

News Leader office:

1212 Stanley Road
Building 124, Suite 4
Fort Sam Houston, Texas
78234-5004, 210-221-0615,
DSN 471-0615
Fax: 210-221-1198

News Leader Advertisements:

Prime Time Military Newspapers
7137 Military Drive West
San Antonio, Texas 78227
Phone: 210-675-4500
Fax: 210-675-4577

News Leader e-mail:

news.leader@conus.army.mil

News Leader online:

www.samhouston.army.mil/pao/default.html

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Building 124, Suite 4, Fort Sam Houston, Texas 78234-5004; 210-221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the Director of Public Affairs. The News Leader is published by Prime Time, Inc., Military Newspapers, 7137 Military Drive West, San Antonio, Texas 78227; 210-675-4500, a private firm in no way connected with the U.S. government, under exclusive written contract with the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army. Stories and photos for publication consideration may be e-mailed to news.leader@conus.army.mil by close of business Friday.

News Briefs

Mandatory SAEDA, OPSEC training

A Subversion and Espionage Directed Against the U.S. Army and Operations Security training for garrison and tenant unit personnel will be held today from 10 a.m. to 12 p.m. in Evans Theater, on Garden Avenue. A sign interpreter for the hearing impaired will be preset at the briefing. People must attend a training prior to Sept. 30. For more information or future training dates, call the Garrison Security Office at 221-1906, 221-1859 or 221-9500.

AER kick-off meeting

The Fort Sam Houston Army Emergency Relief campaign will run April 1 through May 1. Fort Sam Houston's annual AER kick-off meeting will be held Tuesday at 10 a.m. at Army Community Service, 2797 Stanley Road. For more information, see Page 16.

Women's History Month commemoration

The 187th Medical Battalion will host the 32nd Medical Brigade's Women's History Month Commemoration March 20 from 6:30 to 7:30 p.m. at the Hacienda Recreation Center. The event is free and open to all initial entry training Soldiers. For more information, call Sgt. 1st Class Roldan-McPhee at 295-2736.

'It's Not Easy Being Green'

The Army Community Service's Army Family Team Building will host the 2008 "It's Not Easy Being Green" Spouse's Conference March 27 and 28 from 8 a.m. to 2 p.m. at Dodd Chapel. The purpose of the conference is to uplift, enlighten, motivate and strengthen husbands, wives, fathers, mothers and the invaluable contributors to the Army community. The registration fee is \$5 and some classes may be an additional \$5 to cover supplies. For more information, call 845-4490 or 241-0811. **See Page 17 for more information and registration form.**

Physical Examinations moves

Physical Examinations and Aviation Medicine moved from its current location in Family Medicine

See NEWS BRIEFS P4



(From left) First Lt. William Rector, Sgt. Jorge Jimenez-Irizarry, Spc. Brad Berry, Sgt. Travis Ryan, Sgt. Ivan Castellon, Spc. John Babner, Spc. Gregory Dotson Jr., Spc. Joshua Philippos, Spc. Javier Riverarivera, Pfc. Donald Hughes, Spc. Adam Devine; in wheelchairs Sgt. Thomas James, Sgt. Kristopher Biggs and Sgt. Jessie Slotte were honored at a Purple Heart ceremony Feb. 26 at Brooke Army Medical Center.

Warriors in Transition receive Purple Hearts

Story and photo by Jen Rodriguez
Brooke Army Medical Center

Fourteen Warriors in Transition were honored for their bravery and courage in front of a packed house Feb. 26 during a Purple Heart Ceremony held in the fourth floor auditorium of Brooke Army Medical Center.

According to Brig. Gen. Francis Mahon, Army North deputy commanding general, Warriors in Transition are a unique group of people in American society.

"You were volunteers who stepped forward, picked up the load for our nation," said Mahon who was the guest speaker of the ceremony. "We are all thankful for what you've done. We would not be here if you hadn't stepped forward."

The Purple Heart is awarded to members of the armed forces of the United States who are wounded by an instrument of war in the hands of the enemy.

Purple Heart recipients were:

First Lt. William Rector, a combat engineer officer assigned to the 1st Bn., 125th Field Artillery, was injured Feb. 19, 2007, in Iraq. While performing a route clearance mission, Rector's vehicle struck a triple-stacked mine resulting in lower back and other combat injuries.

Sgt. Kristopher Biggs, native of Abilene, and a combat engineer assigned

to the 59th Engineer Co., was injured Dec. 10 in Iraq. Biggs was performing daily duties when he was hit with an enemy action resulting in his combat injuries.

Sgt. Ivan Castellon, an armor crewman assigned to C Co., 3-8 Calvary, 1st Cav. Div., was injured July 22 in Iraq. Castellon was on maneuvers when his vehicle struck an improvised explosive device resulting in vision problems and other combat injuries.

Sgt. Gregory Dotson Jr., a combat medic assigned to B Troop, 6th Squadron, 9th Cav., 3rd Bde. Combat Team, 1st Cav. Div., was injured July 15 in Iraq. While performing a daily mission, Dotson's vehicle was struck by an IED resulting in an injury to his left foot.

Sgt. Thomas James, an armor crewman (tanker) assigned to D Co., 3-8 Cav., 1st Cav. Div., was injured April 27 in Iraq. James was on combat patrol when his tank hit a pressure plate that activated an IED. He suffered a broken nose and right hand, right knee amputation, two left ankle fractures and other combat injuries.

Sgt. Jorge Jimenez-Irizarry, a combat engineer assigned to B Co., 130th Eng. Bn., 1169th Engineers, was injured Jan. 11 and July 17 in Iraq. He received two Purple Hearts. In January, Jimenez-Irizarry's vehicle struck an explosively formed projectile resulting in a concus-

sion. In July, Jimenez-Irizarry's vehicle was struck by a complicated IED resulted in a burn to the forearm.

Sgt. Travis Ryan, a tracked vehicle mechanic assigned to 263rd Maintenance Co., 3rd Sustainment Brigade, was injured Sept. 16 in Iraq. Ryan was on maneuvers when his vehicle struck an IED resulting in traumatic brain injury. During the ceremony, Ryan also received an Army Commendation Medal.

Sgt. Jessie Slotte, an infantryman assigned to Headquarters and Headquarters Co., 2nd Bn., 23rd Infantry, 4th Brigade Combat Team, was injured Nov. 13 in Iraq. Slotte was injured when an IED detonated in his immediate area resulting in a broken left leg, shrapnel wounds and TBI.

Spc. John Babner, an infantryman assigned to A Co., 4th Bn, 9th Infantry, 4th Brigade Combat Team was injured Nov. 27 in Iraq. Babner was on maneuvers, when a suicide bomber detonated an IED in his immediate area resulting in a broken arm and shrapnel wounds. Babner also received a Combat Infantryman Badge.

Spc. Brad Berry, a combat engineer with B Co., 70th Bn. was injured July 31 in Iraq. Berry's vehicle was struck by an IED resulting in a leg fracture and partial finger amputa-

See PURPLE HEARTS P11



WOULD YOU LIKE
TO LIQUIDATE
YOUR CREDIT
CARD DEBT?

IT CAN HAPPEN.

The Financial Readiness Program at Army Community Service offers this service. For more information, call 221-1612.

News Briefs

from P3

Services, Brooke Army Medical Center to the McWethy Troop Medical Clinic here. Part 1 of the Periodic Health Assessment will still be completed at the Health Promotions Center, BAMC, and may be scheduled by calling Health Promotions at 916-3352 or the CAMO at 916-9900, Option 5. All Flight Physicals and other Physical Examinations, to include Part 2 of the PHA, will be scheduled and conducted at the new location. To schedule a PHA Part 2 or any other military physical examination, call 295-4969 or 295-4979; to schedule a Flight Physical, call 295-4933. For more information, call 295-4969 or 295-4979.

Preventive health screening

Women 40 and older need to have an annual mammogram. Regular mammograms save lives by finding breast cancer early. Brooke Army Medical Center has a new self-referral system for this valuable screening tool. Beneficiaries may self-refer to the Woman's Imaging Center if they meet the following criteria: they are not experiencing any symptoms of the breast and their primary care manager is within the Great Plains Regional Medical Command. To schedule a mammogram, call 916-3726 or 916-4229.

Committee volunteers needed

The United States Army Dental Command, in support of the Installation Equal Opportunity Office, is looking for volunteers, military or civilian, to serve as committee members for the Days of Remembrance observance recognizing the Holocaust on May 2. For more information, call Sgt. 1st Class Guster Cunningham at 221-6326 or e-mail guster.cunningham@amedd.army.mil.

Tax time

The Fort Sam Houston Garrison Tax Center is located in Building 133, immediately behind the Office of the Staff Judge Advocate, and the Brooke Army Medical Center satellite office is located in the basement level of BAMC, in suite L46-8B. The garrison and BAMC centers are taking appointments. To schedule an appointment with the garrison tax center, call 295-1040; for the BAMC tax center, call 916-1040.

Warriors in Transition invited to career fair

A series of specialty classes and workshops will take place this month to help injured servicemembers prepare for the Hiring Heroes Career Fair, to be held March 25 from 9 a.m. to 3 p.m. at the Sam Houston Club, 1395 Chaffee Road.

All injured service members, their spouses and caregivers are welcome to attend. More than 70 Department of Defense, federal and private-sector recruiters will be on-hand to discuss employment opportunities in various career fields.

The following Career Fair preparation classes will be offered:

Federal Job Application Development

The Civilian Personnel Advisory Center will sponsor a Federal Job Application Development class followed by

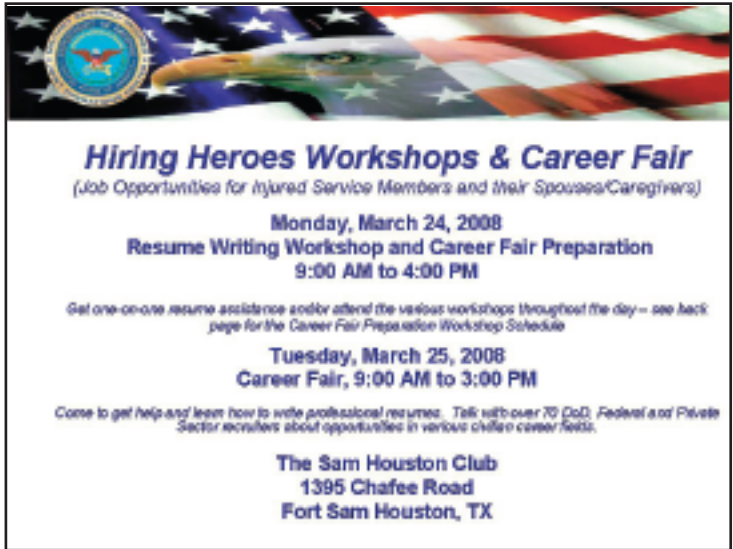
live, online input. Classes will be held today and March 20 from 1:30 to 3:30 p.m. at the Warrior and Family Support Center, in the Powless Guest House, 3625 George Beach Blvd., second floor. This class will be offered to Warriors in Transition assigned to the Warrior in Transition Battalion or their sister programs. For reservations, call 357-2705, ext. 2008. Reservations are required.

Transition Assistance Workshop

The workshop will be held through Friday from 8 a.m. to 4 p.m. in the ACAP classroom, 1706 Stanley Road. The class is sponsored by ACAP and the Texas Veterans Commission. For reservations, call 221-1213.

Hiring Heroes Career Fair Preparation Workshops

Resume writing and career



fair preparation workshops will be held March 24 from 9 a.m. to 4 p.m. at the Sam Houston Club, 1395 Chaffee Road. Attendees will receive one-on-one resume assistance, how to work the career fair, interviewing tips and can

attend various workshops throughout the day. Workshop attendees are urged to prepare resumes ahead of time. For more information, call the ACAP Center at 221-1213 or visit the center at 1706 Stanley Road.



Photo by Jen Rodriguez

Warrior in Transition Staff Sgt. Jason Eichelman checks in at the front desk of the Family Medicine Services' Warrior in Transition Primary Medical Clinic under the watchful eye of Nelda Melo-Martinez, medical support assistant. Since the renovations, the check-in desk is more accessible to Warriors in Transition.

The clerks supporting this clinic will be the only ones at the check-in desk, which will facilitate coordination of care for patients seeking and receiving care, case managers, squad leaders, consultants, and anyone who needs to interface with the clinic staff," said Pastoor.

Also, she said there are male and female single-user, handicap-accessible latrines in the waiting area.

Robertson said it's a work in progress. "We're fine-tuning some areas, and looking how we can continue to improve. Our goal is to take care of our patients to meet the unique needs of the warriors," he said.

The WT PCM clinic is located across from the main Emergency Department entrance en route to Family Medicine and the Pharmacy, first floor, near parking lot D.

Army releases fifth mental health study

By Carrie McLeroy
Army News Service

WASHINGTON — "Battlemind" pre-deployment training has helped maintain the mental health of deployed Soldiers, stigma has decreased for those who seek treatment, but troops still need more "dwell time" at home, according to findings of an Army study released this week.

A team of Army behavioral health care providers has released findings of the Army's fifth Mental Health Advisory Team, known as MHAT-5. Results of the study "reflect a snapshot of the morale and mental health of deployed Soldiers last fall in Iraq and Afghanistan," according to Maj. Gen. Gale Pollock, deputy surgeon general for Force Management.

"The MHAT-5 focused on the behavioral health of Soldiers, the behavioral health-care system in Iraq and Afghanistan, and the future of behavioral health care for Soldiers engaged in combat," Pollock said. The advisory team surveyed a total of 2,994 Soldiers, 2,295 in Iraq and 699 in Afghanistan, as well as 350 behavioral health, primary care, and unit

"We want to provide the highest level of well-being that we can for these men and women, because we know that we're placing significant demands on them."

Col. Elspeth Ritchie
Psychiatry adviser to the Army surgeon general

ministry team members in Iraq and 87 in Afghanistan.

Leaders in both theaters of operation and at home began implementing MHAT recommendations in February once the assessment was complete, Pollock said.

The team leader for the MHAT-5 and chief of the Department of Military Psychiatry at the Walter Reed Army Institute of Research, Lt. Col. Paul Bliese, articulated the unique nature of the 2007 study. "This was the first time we had a large amount of data that allowed us to look month by month at the reports of mental health problems as a function of the months deployed," he said.

It was also the first time Afghanistan had been included in an MHAT study, although a similar, independent study of the behavioral health of Soldiers deployed as part of Operation Enduring Freedom was conducted in

2005. The findings weren't released at that time, but the results are included in the MHAT-5 report.

The data collected via Soldier/provider surveys, interviews and focus groups led to several major findings, according to the study. Although there were separate teams deployed to the two theaters, many of the results were similar, not only between theaters, but compared to previous years. Soldiers in Iraq and Afghanistan reported similar rates of mental-health problems, to include acute stress, depression or anxiety, and those rates remained relatively unchanged from other MHAT studies.

The report also showed that Soldiers across theaters shared common barriers to mental health care. In Iraq, for example, a large number of Soldiers were moved to smaller outposts to establish close contact with civilians and security forces. These

moves placed them farther from health-care providers normally found at large bases, according to Pollock, who said the Army is currently working to help make care more available.

In Afghanistan, troops are scattered over a large area, making access to care difficult. "Commanders in Afghanistan have responded to the report's recommendations by moving health-care providers closer to troops," Pollock said.

Col. Elspeth Ritchie, psychiatry adviser to the Army surgeon general, said the ratio of Soldiers to behavioral health providers has increased because the number of providers has remained steady, while troop numbers have surged. She pointed to a number of measures the Army is both researching and undertaking to combat care deficiencies. "One is augmenting uniformed providers with civilian providers. Another very important piece is to make sure our primary-care providers and medics are trained in recognition and treatment of the psychological difficulties of war," she said.

Another similarity in the reports

See MENTAL HEALTH P10



Photos by Esther Garcia

Remember the Alamo

(Above) Thirty military personnel representing the Army, Marines, Navy and Air Force participate in the 172nd anniversary of the Battle of the Alamo at the Alamo shrine March 6. Twenty-nine servicemembers carried the flags of states and nations representing the known birthplaces of the defenders of the Alamo. One servicemember represented the unknown defenders. The memorial service is held every year by the Daughters of the Republic of Texas and honors the men and women who died defending the Alamo. Gen. Antonio Lopez de Santa Anna attacked the Alamo Feb. 23, 1836. The battle lasted 13 days ending March 6, 1836. The Alamo is remembered where men and women fought against impossible odds and made the ultimate sacrifice for freedom. The Alamo Color Guard (pictured at either end) presented the colors. Also pictured is Willa Peek, Daughters of the Republic, and a surprise visit to the ceremony by well-known singer and drummer Phil Collins.

(Right) Staff Sgt. Milfred Williams, Institute of Surgical Research, carries the Ireland flag during the memorial service at the Alamo shrine. Twenty-two states and seven nations were recognized.



New company commander

Capt. Jason Smith assumes the responsibilities of C Company, 187th Medical Battalion, accepting the company's guidon from Lt. Col. Michael Hershman, commander, 187th Medical Battalion, during a change of command ceremony. Smith, from Virginia Beach, Va., was commissioned as a medical service corps officer through the Green to Gold program. Smith said, "I look forward to great things and am excited to work with the departments of dental and veterinary sciences. Outgoing commander, Capt. Henry Schnedler, will be leaving for Iraq to train Iraqi military and police.



Photo by Maj. Philip Knight-Sheen

Army North stages HAZMAT exercise downtown

By Sgt. Joshua Ford
U.S. Army North Public Affairs Office

SAN ANTONIO — People start to become violently ill at the AT&T

Center. Witnesses call emergency services after a bystander spots two people passing out in front of the building. The San Antonio Fire Department responds immediately and then calls the San Antonio Hazardous Materials Disposal Team.

Realizing there might have been a biological attack on the complex and further support will be needed, officials call in a U.S. Army weapons of mass destruction civil support team.

The parking lot quickly turns into an operations center. Soldiers and firefighters walked around in what looks like space suits, dragging wagons full of equipment.

This scenario was part of an exercise sponsored by U.S. Army North March 1 at the San Antonio AT&T Center. The exercise included 10 agencies from San Antonio and Bexar County and the 81st Civil Support Team, a National Guard unit out of North Dakota.

The training certified the 81st



Photo by Sgt. Joshua Ford
San Antonio firefighters and Soldiers from the 81st Civil Support Team approach the AT&T Center with their equipment for a hazardous materials management recertification exercise.

CST in the evaluation and recovery of hazardous materials. Civil support teams all over the country must get certified every 18 months due to the frequent changes in the hazardous materials management field.

"Something like this is important, because God forbid this ever happens again. But if it does, we have to be prepared," said Bill Havlic, deputy for the Army North Civil Support Readiness

Directorate.

This was the first time in more than a year that Army North hosted a CST from another state in San Antonio.

"The opportunity to work with the San Antonio fire department and HAZMAT is great," said Maj. Daryl Roerick, the 81st CST deputy commander.

"The interaction with another

See HAZMAT P11



Sgt. Bill Miller, survey team member, 81st Civil Support Team, goes through the decontamination tent during a hazardous materials management recertification exercise March 1 at the AT&T Center in San Antonio.

Lean Six Sigma MEDCOM sponsors first Black Belt course at Fort Sam

By Olivia Mendoza
Fort Sam Houston Public Information Office

Nineteen students graduated from the post's first Army Lean Six Sigma Black Belt course sponsored by the U.S. Army Medical Command at Fort Sam Houston Feb. 15.

"It is very exciting to have the first group of Black Belts trained, now they can start improving processes and helping coach Green Belts. It is our first step in becoming an independent program," said Col. Donna Whittaker, director of the Office of Innovation, Initiatives and Improvement, Army Medical Department Center and School, and LSS Master Black Belt.

Once PowerSteering is complete, the next step is to select a Green Belt or Black Belt course and enroll through the Army Training Requirements and Resources System. To enroll into Master Black Belt, the candidate must be a certified Black Belt. Each belt program requires the candidate to pass a final examination and complete a project before certification.

Green Belt is a two-week training course that focuses on less complex problem-solving. Green Belt candidates spend approximately 10 to 50 percent of their time completing projects within their areas of expertise, but maintain their regular work role and responsibilities. A Green Belt operates in support of or under the supervision of a Black Belt.

Black Belt is a four-week training course with more complex problem-solving and more extensive math skills. Black Belt candidates spend 80 to 100 percent of their time working on the project. Their main purpose is to demonstrate team leadership, understand team dynamics, and solve more complex problems with the organization. A Black Belt has a thorough understanding of all aspects of the "Define-Measure-Analyze-Improve-Control," or DMAIC,

the process. A candidate is chosen to attend Green Belt or Black Belt training depending on the complexity of the process. The Green Belt or Black Belt candidate then inputs the project into an Army-wide program called PowerSteering ... PowerSteering is a software used by project managers, Black Belts and Green Belts to input project details and provide updates. The software enables people Army-wide to share information on process improvements.



Courtesy photo
Nineteen students graduated from the first Lean Six Sigma Black Belt course at Fort Sam Houston, sponsored by Medical Command Feb. 15.

model and LSS principles.

Last but not least, the Master Black Belt is a three-week training course with deeper understanding of the DMAIC model. LSS quality experts are responsible for the strategic implementations within an organization. Master Black Belt main responsibilities include training and mentoring of Green Belts and Black Belts; helping to priori-

tize, select and charter high-impact projects; maintaining the integrity of the LSS measurements, and developing, maintaining and revising LSS training materials.

"I completed the Master Black Belt course and I have to say it was very thorough and tough. There will be additional opportunities for certified Black Belts to attend Master Black Belt training in

the future," said Whittaker.

For more information on becoming a Green Belt or Black Belt, call Whittaker at 221-6563 or Randy Randolph, Medical Command/Office of the Surgeon General, director, Strategy and Innovation, at 703-681-3015. Training opportunities can be found by visiting <http://www.cs.amedd.army.mil/Leansixsigma/default.aspx>.

MENTAL HEALTH from P5

directly links behavioral health issues to multiple and longer deployments. The findings showed, "Reports of work-related problems due to stress, mental health problems, and marital separations generally increased with each subsequent month of the deployment." The team also determined that Soldiers on a third or fourth deployment were much more likely than those on first or second deployments to experience mental health and work-related problems.

"What we have now is the ability to get a large enough sample size to look at those who are on their third and fourth deployments," Bliese said.

Within the sample group, there were about 129 Soldiers on their third or fourth deployment. Roughly 27.2 percent of those Soldiers

screened positive for mental health problems, compared to 11.9 percent of those on their first deployment, and 18.5 percent on their second.

"We see a similar pattern for morale, and some of the same reporting for job-related problems," Bliese said. "Where again, this group that's on their third or fourth deployment is at least reporting higher job-related problems compared to those on their second or first deployment."

Bliese said one of the conclusions the advisory team drew from these results was that Soldiers are not getting the time between deployments to completely recover before they arrive back in theater. "We refer to that as, 'dwell time,' and that was brought up in the MHAT-4 report as well," he said. "It is consistent with other data that we've collected back here in garrison."

The MHAT-5 report

showed Soldiers in the focus groups felt that a minimum one-to-one dwell-time/deployment-time ratio was necessary. "If they were on a 15-month deployment, they certainly felt like they deserved a 15-month dwell time, which makes sense," Bliese said.

Pollock said the dwell-time issue is being addressed by the Army, and has a lot to do with why the service is taking measures to increase total force numbers.

"Looking at the fact that it does seem that we are going to be involved in persistent conflict, we need to ensure that we're doing everything possible to take care of the men and women who are volunteering to serve," she said. "By having a larger pool to draw from, we put that stressor on them at a less frequent interval."

The MHAT-5 research pointed to improved pre-deployment training. Soldiers

who participated in "Battlemind" training were better prepared for the rigors of combat and reported fewer mental-health problems, according to Pollock. The Army implemented Battlemind pre-deployment training service-wide in 2006 as a result of MHAT-4 recommendations.

The study also found that OIF Soldiers reported lower stigma associated with seeking mental health care than in 2006, suggesting outreach and prevention efforts are more effective.

Bliese described the small but steady decrease in reports of stigma as encouraging. "Because it's such a culturally-engrained problem (the stigma attached to seeking care), it's very unlikely that the Army's going to change this 10 to 15 percentage points in any given year. So realistically we would expect a 1 to 2 percent change on a year-by-year basis," he

said. "When we model out the change in stigma over time, that's exactly what we're beginning to see."

He credited senior leadership involvement and training for the apparent change in Army culture in terms of seeking mental health care.

Since the inception of the mental health advisory team concept in 2003, Ritchie said the studies have provided invaluable information to behavioral health-care providers. "We are hoping, because of the results of these surveys, to continue to put into place prevention, early intervention and resiliency building, and we are doing all that."

Pollock stressed the importance of the advisory teams, and said they pinpoint how and where the Army can better meet behavioral health-care needs. "I think that the evidence that we're taking it (mental health) very seriously is the continued investment that the Army is making to ensure we have the various providers available, that we're looking at any of the barriers that the Soldiers identify that prevent them or slow them down from getting to the people that they want to talk to," she said. "We want to provide the highest level of well-being that we can for these men and women, because we know that we're placing significant demands on them."

For more information on the findings, visit http://www.armymedicine.army.mil/news/mhat/mhat_v/mhat-v.cfm.

PURPLE HEARTS from P3

tion.

Spc. Joshua Philippus is a native of Houston. The Cavalry Scout, assigned to A Troop, 1st Bn., 4th Cav., was injured Sept. 9 in Iraq. Philippus and his team came under direct enemy fire and a hand grenade entered his vehicle resulting in a fractured femur and dislocated hip.

Spc. Javier Riverarivera, a signal support system specialist with A Troop, 1-91 Cav., 1st Bn., 503rd Infantry, was injured Nov. 12 in Afghanistan. While conducting a supply mission, Riverarivera's truck was struck by an IED resulting in 34 percent third degree burns.

Pfc. Adam Devine, an infantryman with B Troop, 1-89th Cav, 2-10th Mountain Div., was injured Feb. 19, 2007, in Iraq. While conducting a routine clearing operation, Devine's vehicle was hit by an IED resulting in shrapnel wounds and other combat injuries.

Pfc. Donald Hughes, an armored crewman assigned to India Troop, 3-3rd Armored Cavalry Regiment, Task Force 1st Armored Div., was injured Jan. 17 in Iraq. While on mounted patrol, Hughes' vehicle encountered an IED resulting in a fractured back and internal injuries.

HAZMAT from P8

HAZMAT team is always beneficial, because people do things a little bit differently, so we try to take tactics, techniques and operating procedures to make our operation more efficient," Roerick added.

Observers and controllers with the Army North Civil Support Readiness Directorate designed the training and rated the 81st CST. Their goal was to make the scenario as realistic as possible by setting up an evaluation site that integrated local agencies.

"We want the Soldiers to have confidence in their abilities and their equipment," said Jeff Taylor, Army North CSRD medical analytical evaluator. "We try to make everything as realistic as possible."

"This really is top-notch training for us, Roerick said. "Hopefully my Soldiers and my staff walk away with better knowledge of the process and all will have learned something."

Change of authority



Courtesy photo

Command Sgt. Maj. Terry Longworth, 321st Civil Affairs Brigade, retrieves the flag during a transfer of authority ceremony Sunday at the Gen. Richard G. Stilwell Army Reserve Center here. The 351st Civil Affairs Command transferred authority of the 321st Civil Affairs Brigade to the 350th CACOM, commanded by Brig. Gen. Jeffrey Jacobs, during the ceremony. Brig. Gen. John McNeill, commander, 351st CACOM, commented on the numerous deployments the 321st CA Bde. has successfully executed in support of Operations Iraqi Freedom and Enduring Freedom. While under command and control of the 350th CACOM, the 321st CA Bde. will have responsibility in the U.S. Southern Command area of responsibility.



Boxers needed

The Jimmy Brought Fitness Center is looking for boxers as it hosts another round of boxing excitement. If interested in participating as a boxer in this or future events, call the Intramural Sports Branch at 221-1180, or e-mail earl.t.young@us.army.mil. Boxers must be registered and training 30 days prior to the event. For more information, call 221-1234.

All-Army Chess Championships

The 2008 All-Army Chess Championships will be held May 11 to 17 at Fort Myer, Arlington, Va. This competition is open to all U.S. Army active duty, who are also a U.S. Chess Federation-rated member; 12 players will be selected and funded by Family, Morale, Welfare and Recreation Command. All players must apply online or download the application and fax it to 703-681-7249 or DSN 761-7249. There is no on-site registration. For more information or to apply, visit www.army.mwr.com/portal/recreation/chess or call 703-681-7204, DSN: 761-7204. Other

upcoming chess events include the 2008 Inter Service Chess Championships at Davis-Monthan Air Force Base in Tuscon, Ariz. from June 8 to 14 and the 2008 NATO Chess Championships in Brussels, Belgium (date to be announced).

Race to the Top

Can you make it all the way? Stop by the Jimmy Brought Fitness Center through Friday to prove you've got what it takes to make it to the top. This month the goal is to reach the top of the Tower of Americas, a total of 952 steps on the stepmill machines at the fitness center. The competition is free and T-shirts are \$10. For more information, call 221-1234 or 221-2020.

5K run

The Jimmy Brought Fitness Center and the Family Advocacy Program will hold a 5K run March 29 for Sexual Assault Prevention Awareness Month. For more information or to register, call 221-1234.

Intramural golf

Coaches meetings for intramural

golf will be held Tuesday and March 18 from 12 to 1 p.m. at the Fort Sam Houston Golf Course. Rosters are due Tuesday. The league begins April 1 at 5:30 p.m. For more information, call 221-4388 or 221-3185 or e-mail earl.t.young@us.army.mil.

Intramural tennis

A coaches and rules meeting will be held April 7 at 1 p.m. at the Jimmy Brought Fitness Center. The season begins April 14. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

Intramural flag football

A coaches and rules meeting will be held April 8 at 1 p.m. at the Brigade Gym. The season begins April 14. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.

Intramural sports letter of intent

Sport	Letter due by:
Tennis	April 2
Flag football	April 4
Send letters of intent to Earl Young, 1212 Stanley Road, Building 124, Suite 20, Fort Sam Houston, Texas 78234. For more information, call 221-3185 or e-mail earl.t.young@us.army.mil.	

National Nutrition Month From supplements to superpowers?

By 2nd Lt. Mary Staudter
Brooke Army Medical Center Dietetic Intern

Sport supplement use within the Army is more common than ever. Current statistics show that about 70 percent of females and 57 percent of males in the Army report their use. Almost half of these users do not know if their supplement is safe or if it even works.

Supplement use within the United States is also on the rise, with sales rising from \$8.8 billion in 1994 to more than \$15.7 billion in 2003. Why do pills and potions have such great appeal to make people think the risk is worth the gain? The answer is quite simple.

For starters, ads for supplements are all around us. They are present on television, billboards, the Internet and magazines. They tend to highlight the assets a Soldier athlete may desire — more muscle, less fat, more speed and more power — and make it sound like the solution is a quick and simple fix.

A sports supplement is any substance meant to improve physical performance. They come in the form of pills, powders, drinks and bars. Some claim to help people lose fat, others promise muscle-build-

ing effects, while still others promise to provide long-lasting endurance. Some are safe and legal, some are legal but may not be safe, while others are not legal and are proven to be unsafe. These supplements can range anywhere from Gatorade to whey protein to Ephedra.

While some of these supplements may not pose any kind of harm, they may not provide any gain either. In fact, some may even hinder performance when they are taken under the wrong conditions. For instance, many Soldier athletes assume they need Gatorade, PowerAde, or some other sports drink to get

through an Army Physical Fitness Test; however, these drinks will not help an athlete complete a 2-mile run. Athletes only need sports drinks if running or working hard and losing large amounts of sweat for more than an hour.

While Gatorade or other sports drinks are safe to drink, the extra calories from these drinks can cause weight gain and make running fast even harder. The same is true of whey protein and other protein powders. Soldier athletes who take protein without weight lifting, or take more protein than their body can use even if they are lifting,

For people who choose to use a supplement, keep in mind that there is no drug or cure-all that will make muscle, speed or power appear with no work involved.

gain fat mass, which makes muscle toning more difficult.

Although some may be harmless, supplement use can be risky for many reasons. The Food and Drug Administration tests food and drug products carefully to make sure they are safe and that they work correctly, but the FDA does not regulate supplements. Thus, their makers are able to claim the supplement improves body functions without testing effec-

tiveness. Currently the best way to know if a supplement even contains what the bottle or ad claims it contains is to buy a product with a U.S. Pharmacopia, or USP, label on the bottle. In the future, the FDA is establishing regulations to extend current good manufacturing practices, or CGMPs, to this industry. However, the CGMPs will apply to identity,

See NUTRITION P16

Women's History Month Trivia Contest

1. Who was the first African-American woman to win the Nobel Prize for Literature?
2. Who was the first woman to run for president of the United States (1872)?
3. Which Mexican-American woman has repeatedly been the leading money winner in the Ladies Professional Golf Association?
4. Who wrote the first version of the Equal Rights Amendment in 1923?
5. What woman was turned down by 29 medical schools before being accepted as a student, graduated at the head of her class, and became the first licensed woman doctor in the United States?

People should e-mail trivia contest answers to Rosalba.d.chambers@amedd.army.mil no later than Tuesday. The first person to submit the correct answers will win a prize and have their name published along with the answers in the next edition of the News Leader. For more information, call Sgt. 1st Class Rosalba Chambers at 221-4240.

The answers to last week's questions were:

1. The 19th amendment to the U.S. Constitution gave women the right to vote.
2. Colorado was the first state to adapt the amendment.
3. Congress passed the Equal Pay Act in 1963.
4. The National Women's Hall of Fame is located in Seneca Falls, N.Y.
5. Emily Dickinson had 12 poems published in her lifetime.

The winner of last week's trivia contest is Gayle Ellis from the Army Medical Department Center and School.



**Have feedback for a post
customer service provider?**

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.

Honorable service



Photo by Ed Dixon

(From left) Command Sgt. Maj. Ansley Harris, Col. Elaine Perry, Lt. Col. John Uriarte, Chief Warrant Office Three Kent Salisbury and 1st Sgt. Mark Kenyon are honored and recognized for their service to the nation at the monthly retirement ceremony hosted by the 187th Medical Battalion Feb. 28 at MacArthur Parade Field.

NUTRITION from P13

strength, purity and composition of the product, not to efficacy or safety.

For these reasons, people should avoid supplements with deceiving claims and do their research before buying or taking them. Ads to watch out for are those that include claims to make the product sound like a quick and easy miracle drug. Also, avoid products that promise to contain a "secret" or "ancient remedy," are based on a "breakthrough in

science," and those with promises of no-risk "money-back guarantees."

For people who choose to use a supplement, keep in mind that there is no drug or cure-all that will make muscle, speed or power appear with no work involved.

Remember, before supplements can have any kind of positive effect, the user must practice good nutrition and engage in regular physical activity. Even in a healthy person, supplements may have little to no value and may be

harmful because they are not required to be effective or contain specific doses of ingredients. The key to safe and effective supplement use is to know what you are putting into your body before doing it.

For more information, visit the FDA Web site at <http://www.cfsan.fda.gov/~dms/supplmnt.html> or the U.S. Army Center for Health Promotion and Preventive Medicine Web site at <http://usachppm.apgea.army.mil/dhpnw/wellness/dietary.aspx>.

Army Emergency Relief campaign begins

WASHINGTON, D.C. — The Army's annual Army Emergency Relief campaign will run through May 15. The theme of this year's campaign is "Army Emergency Relief: Strength for Soldiers and their Families."

Fort Sam Houston's AER campaign will be held April 1 through May 1. Fort Sam Houston's annual AER kick-off meeting will be held Tuesday at 10 a.m. at Army Community Service, 2797 Stanley Road.

The purpose of the Army's annual AER campaign is twofold, according to retired Lt. Gen. Robert Foley, director of AER. The first part is "to create greater awareness of the Army Emergency Relief benefits and programs available to Soldiers and their Families."

He further explained that the campaign provides an opportunity for Soldiers to help their fellow Soldiers by making a donation to AER and continue the proud legacy of "Helping the Army Take Care of Its Own."

AER was founded in 1942 in response to Soldiers and their Families needing financial assistance during World War II. Since its founding, AER has provided more than \$1 billion in financial assistance in the form of no-interest loans or outright grants. In addition to emergency assistance, today's AER provides educational assistance in the form of scholarships to children and spouses of active duty and retired Soldiers,

along with support to surviving Families of fallen Soldiers, and grants to widows and wounded warriors.

In 2007, AER provided more than 64,000 Soldiers, active and retired, and their Families well over \$70 million in assistance Army-wide. AER provided assistance for unexpected and financial stress including travel, housing, car repair, utilities, medical expenses, funeral costs and disaster relief.

Additionally, AER's Command Referral Program has dramatically increased Soldiers' access to AER assistance. The Command Referral Program gives company and battery commanders and first sergeants the authority to approve up to \$1,000 in interest-free loans for their Soldiers. The program offers a way for the chain of command to be directly involved in addressing financial problems of their Soldiers.

AER assistance is available to Soldiers and their Families wherever they are located and the amount of assistance is only limited by a valid need. Soldiers and their Family members requiring AER assistance can contact their chain of command or go to their local installation AER office. Fort Sam Houston's AER Office is located at 2797 Stanley Road. For more information, call Lois Tonsall, Fort Sam Houston AER officer, at 221-1612 or visit www.aerhq.org.

(Source: AER news release)

Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB negative blood.

Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



'It's Not Easy Being Green' Spouse's Conference

The "It's Not Easy Being Green" Spouse's

Conference will be held March 27 and 28 at the Dodd Field Chapel. Below is the list of classes available to military spouses.

People interested in attending the conference can fill out the form at the right and mail it to: Army Community Service, 2010 Stanley Road, Suite 95, Fort Sam Houston, Texas 78234-5095 with a \$5 registration fee. The form must be postmarked no later than March 20.

Come see keynote speaker, Heloise, nationally syndicated columnist of "Hints for Heloise" March 27 at 9 a.m.

Session A

March 27 from 10 to 11 a.m.

A-1 Just Bead It

Jewelry making (\$5 fee)

A-2 Money, Money, Money

Making your finances work for you

A-3 Let's Go Digital!

Creating a scrapbook without touching a picture

A-4 These Boots Weren't Made for Walking

Line dancing

A-5 Discovering the Lone Star State

Day and weekend trips to fit your budget

Session B

March 27 from 11:15 a.m. to

12:15 p.m.

B-1 Get the Stress Out!

Fun, tangible ways to prioritize your life and give peace to your soul

B-2 Kochen auf Deutscher Art

German cooking

B-3 Piecing It Together

Quilting basics

B-4 Welcoming You Home

Creating a floral wreath for the door (\$5 fee)

B-5 Taking Care of You

Simple exercises for a workout at home

Session C

March 27 from 1:15 to 2:15 p.m.

C-1 The Frosting Is On

Basic techniques for cake decorating

C-2 Military Life – A Little Less Green

Navigating community resources on post

C-3 Hand Stampin' Fun

Creating unique and fun projects with stamps

C-4 The Yellow Rose of Texas

Container gardening and Texas plants

C-5 Sultry Salsa Dancing

Just in time for Fiesta!

Session D

March 28 from 10 to 11 a.m.

D-1 Just Bead It!

Jewelry making (\$5 fee)



D-2 Decorating Quarters for Pennies

Trading Spaces helps military Families (must register for E-2 as well)

D-3 You're the One!

Creating an impressive resume

D-4 Paper Pizzazz

Scrapbooking and photo making

D-5 Relaxing with Power

Discover power yoga for relaxation and strengthening

Session E

March 28 from 11:15 a.m. to

12:15 p.m.

E-1 Keeping Surfers Safe

Internet safety tips to help protect your kids

E-2 Decorating Quarters for Pennies

Continuation of the first hour (must register for D-2 as well)

E-3 Get Your Poker Face On

Learn Texas Hold 'em

E-4 All the Right Moves

Self-defense for women

E-5 Playdough for Grownups

Working and creating with polymer clay (\$5 fee)

For more information, call Judith Markelz at 241-0811 or Sue York at 845-4490.

"It's Not Easy Being Green" Spouse's Conference

March 27 and 28 at the Dodd Field Chapel

Registration Form

Name: _____

Address (include city, state, zip): _____

Phone Number: _____

Refer to the list of class choices to the left, make three choices per time slot and write the two-character codes of your choice in the table below. When you check in on March 27 you will receive your schedule. Because classes are limited in size, you may not get all of your first choices. Conference attendance is limited to the first 100 spouses. Packet pick-up begins March 27 at 8:30 a.m. at Dodd Field Chapel.

Please mail this form with a check or money order for the \$5 conference fee (payable to the IMWRF): Army Community Service, 2010 Stanley Road, Suite 95, Fort Sam Houston, TX 78234-5095. The form must be postmarked no later than March 20.

Classes and instructors may change due to circumstances beyond our control.

Limited free childcare is available at Dodd Field Chapel. Participants must pre-register at Child and Youth Services Central Registration, Army Community Service, Building 2797. The child's up-to-date shot record is required at the time of registration.

March 27 Workshop A 10 to 11 a.m.	March 27 Workshop B 11:15 a.m. to 12:15 p.m.	March 27 Workshop C 1:15 to 2:15 p.m.	March 28 Workshop D 9 to 10 a.m.	March 28 Workshop E 10:15 to 11:15 a.m.
1. _____	1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____	3. _____

An ounce of prevention ...

Army trains Soldiers to improve dental health

By Elaine Wilson
Fort Sam Houston Public Information Office

Despite modern medical advances and practically pain-free procedures, many people still retain a sense of dread when visiting their Family dentist.

After all, it's hard for the layman to predict when an X-ray will return with the telltale signs of decay that call for a dose of the dentist's drill, or for the unlucky, the added bonus of a root canal.

While certain dental woes are inevitable, others are highly preventable. To tip the odds in the patient's favor, the Army is training Soldiers so they can prevent problems before they ever take root.

The Preventive Dentistry Course, offered by the Army Medical Department Center and School here, equips Soldiers with the skills to provide dental hygiene support, with a focus on Soldiers deployed in support of the Global War on Terrorism.

"Preventive dental specialists exist to support the deployed Soldier," said Col. Robert Lutka, chief, Dental Specialist Branch. "Their job is to help keep dental problems from developing so Soldiers can spend less time in a dental chair and more time carrying out their mission."

During the course, students learn to perform oral hygiene preventive procedures, conduct oral disease con-

trol programs, apply sealants, evaluate X-rays, and sterilize dental instruments and equipment.

The course is a specialty for 68E dental specialists, and adds on to knowledge gained in the classroom and out in the field. But first the Soldiers have to make it through the tough 12-week course, which has an average attrition rate of 20 percent for the first week.

"It's a challenging course, but many excel. Many of our former students go on to become dentists or physician assistants," said Lutka. "We take the cream of the crop here."

The course includes six weeks of classroom training followed by six weeks in a working dental clinic, which is just down the hall from the classroom. The clinic is the only fully functional clinic in the AMEDDC&S, Lutka said. For the other courses, such as nursing specialties, the hands-on portion takes place during an in-hospital phase.

"Students go straight from here into the field," Lutka said. "So we have to ensure they are ready to be an independent care provider when they leave this course."

Without a lengthier practice phase, students are put to the test on a daily basis at the clinic. With a clientele primarily comprising retirees and their spouses, students learn to think quickly on their feet as they are exposed to a variety of oral health issues, to include patients with crowns, bridges and implants.

"We have an older patient population, so students learn to treat a full gamut of oral health issues," said Sgt. 1st Class Heidi Mayberry, NCO-in-charge of the Preventive Dentistry Course. "It's excellent for their training, because when they go to the garrison dental clinic or overseas, they have already been exposed to a wide variety of dental issues."

As the students examine and treat patients, instructors step in at various points to make teaching points and provide oversight of the proposed dental care plan and work. Additionally, Lutka must be in the area at all times in case of a medical emergency. As a result of the quality measures, a visit to the school's clinic may be upwards of three hours versus an hour at a local dentist. But the care is thorough and, since the service is free, the price is right for many beneficiaries.

"I've been coming here for decades," said Leslie Andermann, who visited the clinic Friday. "I come every three months and the care is very good."

For the students, a chance to practice their classroom-learned skills offers opportunities, as well as a new set of potential roadblocks.

"It's a challenge to interact with different patients," said Pvt. Jasmine Gaddy, who is in her seventh week of the course. "Someone may have a heart condition, but you can't panic. Overall, it's great experience."

As an added bonus, students can refer patients for same-day service if they spot a significant oral lesion concern.

"We're very grateful Brooke Army Medical Center can



Photo by Elaine Wilson

Pvt. Anthony Jackson performs an intra-oral inspection on Catherine Matticks' teeth.

support us in that way," Lutka said. "We particularly owe Lt. Col. Edwynna Miller, from the oral and maxillofacial surgery clinic, a debt of gratitude."

Once the students graduate, many will provide garrison support, while others will be sent overseas to support deployed Soldiers. Lutka said the intense training here will pay off overseas where the Soldiers act independently.

"The preventive dental specialists are able to set up shop in a separate tent from the dentist," Lutka said. "They provide services to the deployed Soldier that are normally conducted by a dentist or registered hygienist, such as use of the cavitron, which is an ultrasonic cleaning device."

The Soldiers also provide fluoride varnish and sealants, which play a significant role in improving oral health, Lutka said.

"We ask a lot of our students, but the pay off is that they are able to hit the ground running overseas," he said. "That's where the training really counts."



Photo by Elaine Wilson

(Above) Instructor Darlene Furlow reviews an intra-oral examination performed by student Sgt. Amber McGraw on patient Lois Fugit. Instructors perform four mandatory checks on each patient during an exam.



Photo by Elaine Wilson

(Left) Student Pvt. Jasmine Gaddy positions a sensor so she can take a digital X-ray while instructor Sgt. 1st Class Heidi Mayberry, Preventive Dentistry Course NCO-in-charge, helps by holding the "patient's" mouth open. "Students learn to take and read digital X-rays during the course," Mayberry said. "It's important to be able to detect signs of calculus (tartar) so we can remove it before it leads to potential gingivitis and bone loss."



Photo by Elaine Wilson

Spcs. Desserin Custodio and Dion Pinkett bag instruments after sterilization. As part of the 12-week course, students must learn to sterilize dental instruments, a skill that is put to the test early in the course's fully functional clinic.



Photo by Elaine Wilson

(Right) Jessica Beck checks out her newly cleaned teeth, particularly the areas where student Pvt. Anasthasia Sears removed decay.



Photo by Sgt. 1st Class Heidi Mayberry

Instructor Carolyn Putalavage reviews patient and clinic procedures with a group of students prior to patient care at the clinic. Putalavage is one of four civilian instructors; all are registered dental hygienists. Putalavage has been in civilian service for 25 years, with 21 years of her service at the Academy of Health Sciences.



Recreation and Leisure

Library closed Easter Sunday

The Keith A. Campbell Memorial Library will be closed March 23 and will resume normal hours of operation March 26. For more information, call 221-4702.

BOSS Wii tournament

MWR will hold a six-night pentathlon on the Wii video game system April 7 to 12. Sporting competitions include bowling, golf, baseball, tennis and boxing. The winner from each sporting category will go on to play in the final tournament pentathlon to determine the top three Wii winners. Prizes include a Ripstik skateboard, a Nike gift card, and a Wii Console with an extra remote, a nunchuck and two games. For more

information, visit the MWR Web site at <http://www.fortsamhoustonmwr.com>.

Dining and Entertainment

Love 'n Laughter comedy show

The Sam Houston Club will present a night of laughter about love and relationships, featuring the comedic talent of Barry Neal and Christina Lopez Friday at 9 p.m. The doors will open at 7:30 p.m. Tickets purchased in advance are \$12 and include a free dinner; tickets purchased at the door will be \$15 and do not include dinner. The show will feature subjects which are not appropriate for individuals under age 18. Sports attire is not permitted. For more information, call 224-2721.

MWR Ticket Office

The MWR ticket office is open Tuesdays through Fridays from 10 a.m. to 5 p.m. Discounted tickets are available for local attractions as well as theme parks like Disney World and Universal Studios. For more information, visit www.fortsamhoustonmwr.com or call 221-1663 or 224-2721.

Sam Houston Club

Easter Brunch

Celebrate Easter at the Sam Houston Club with an Easter brunch March 23 from 10 a.m. to 2 p.m. Brunch will include a variety of breakfast, lunch and dessert items to choose from. Cost is \$17.95 for non-members, \$15.95 for members, \$7.95 for youth 6 to 11 years old and free to children ages 5 years and younger. Reservations are encouraged. For more information, call 224-2721.

Karaoke Fridays

Come by the Sam Houston Club Fridays at 5 p.m. for free karaoke. Practice your vocals or just come out and have fun with friends to celebrate the end of another long work week. For more information, call 224-2721.

Harlequin Dinner Theatre 'Visit to a Small Planet'

The Harlequin Dinner Theatre will present the Gore Vidal comedy, "Visit to a Small Planet," through March 29. Tickets are \$28 Wednesdays and Thursdays and \$31 Fridays and Saturdays. The doors open at 6:15 p.m. for salad bar and cocktails, with a buffet from 6:30 to 7:30 p.m.; the show begins at 8 p.m. Military discounts are available. For more information or to make reservations, call 222-9694.

Army Community Service

It's Not Easy Being Green'

The Army Community Service's Army Family Team Building will host the 2008 "It's Not Easy Being Green" Spouse's Conference March 27 and 28 from 8 a.m. to 2 p.m. at Dodd Chapel. The purpose of the conference is to uplift, enlighten, motivate and strengthen our lives in the military as men, women, husbands, wives, fathers, mothers and invaluable contributors to the Army community. The registration fee is \$5 and some classes may require an additional \$5 to cover supplies. For more information, call 845-4490 or 241-0811.

New Parents Support Program Plus

The New Parents Support Program Plus, a component of the Family Advocacy Program, is a professional team that provides supportive services to military Families with children from birth to 3 years old. NPSP+ provides comprehensive services through educational sessions and playgroups and home visitation services. The services offer expectant parents and parents of infant and toddlers the opportunity

to learn new skills as parents and improve current techniques. For more information, call 221-0349 or visit the Web site at <http://www.fortsamhoustonmwr.com/acs/programs/FAP/default.asp>.

Couple's enrichment

The Family Advocacy Program will hold a three-part couple's enrichment class that centers on reconnecting with your partner. Topics include understanding gender differences and focusing on commitment and intimacy. Talking with other married couples can also help improve your own relationship. For more information or to register, call 221-0349 or 221-2055.

Commanders' training

The Family Advocacy Program Commander and Senior Leader Training course is for new commanders, first sergeants and senior leaders. The training needs to be completed within 45 days upon assumption of the position. Training will be held on the last Thursday of each month from 8 to 10 a.m. in Building 2797 on Stanley Road. For more information or to register, call 221-0349 or e-mail thelma.t.kegley@us.army.com.

Child and Youth Services

Parent Advisory Council

A Child and Youth Services Parent Advisory Council meeting will be held Tuesday from 11:30 a.m. to 12:30 p.m. at the Child Development Center. PAC meetings are held the third Tuesday of each month. Lunch will be provided. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, attend parent workshops and learn about upcoming events. For more information, call 221-4871 or 221-1723.

Youth Easter Egg Hunt

Child and Youth Services, together with Lincoln Military Housing, will hold their annual Easter Egg Hunt March 21 at the splash pad located on Dodd Field between the School Age Services and Middle School and Teen buildings. The first of several hunts will begin at 10 a.m. Music will be provided by a live D.J. and food will be served from 11 a.m. to 1 p.m. Come by for a variety for activi-

See MWR P22



Religion

Chapel offers Living Last Supper

The Fort Sam Houston Chapel will hold a traditional Living Last Supper March 20 at 7 p.m. at the Main Post Chapel. Come and hear the disciples as they tell of their personal encounters with Christ and reflect upon their own actions. For more information, call Chaplain (Lt. Col.) James Benson at 221-2754.

Easter Sunrise Service

The Fort Sam Houston Installation Chaplain Office's will hold an Easter Sunrise Service March 23 from 7 to 8 a.m. at MacArthur Parade Field. Breakfast will follow immediately after the service. In case of inclement weather, the service will be held indoors at the Main Post Chapel. For more information, call Chaplain (Lt. Col.) James Benson at 221-2754.

MWR from P20

ties, prizes and a visit with the Easter Bunny. For more information, call 221-4455.

USDA Scholarship

Current undergraduate students in good academic standing may apply for the full-tuition scholarship and paid internship for the U.S. Department of Agriculture's Public Service Leaders Scholarship Program. The program offers a full-tuition scholarship, paid internship, mentoring and leadership training and permanent employment upon graduation. Apply online at www.hsi.usda.gov. The deadline to apply is Saturday. For more information, call School Liaison Services at 295-4806.

Baseball registration

Youth baseball registration will be held through March 28. Patrons need to be registered with Child and Youth Services. To register, patrons need to have a current sport physical (valid for the entire season), \$45 activity fee, two local emergency fees, the child's Social Security number and updated shots record. For more information, call Central Registration at 221-4871 or 221-1723.

FCC providers

Family Child Care seeks Family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3828.

Saturdays at School Age Services

School Age Services is open the second and fourth Saturdays of every month from 2 to 6 p.m. Children from first to fifth grades can have a

fun-filled afternoon at the School Age Services, Building 1705, Winans Road. For more information, call 221-4466.

Central Registration

Central Registration is open Monday through Friday from 8 a.m. to 5 p.m. in Building 2797. Walk-ins and appointments are welcome; patrons are seen after 4 p.m. by appointment only. To register for Child and Youth Services programs, patrons must provide current shot records (kindergarten through fifth grade), two local emergency designees, a health assessment/sport physical within the last year (sport physicals must be valid for the entire sports season), child's Social Security number, sponsor's Leave and Earnings Statement, spouse's W2 form, \$18 registration fee and activity fee payment. For more information, call 221-1723 or 221-4871.

CYS needs instructors

Child and Youth Services seeks instructors for driver's education, cooking, leadership skills, mentoring, tutoring, voice, guitar and Spanish. For more information, call 295-4806 or 221-1103.

SKIES Unlimited classes

The Child and Youth Services Schools of Knowledge, Inspiration, Exploration and Skills Unlimited program offers language, music and sports classes for children ages 6 to 18 who are registered with CYS. The first month's fee is due at the time of registration at Building 2797. For more information, visit the Child Development Center, Building 2530; School Age Services, Building 1705; or Middle School and Teens, Building 1630; or call 221-1723 or 221-4871.



Community

Events

Hispanic Heritage Youth Awards

The Hispanic Heritage Foundation's Youth Awards program identifies and promotes emerging Latino leaders by celebrating their achievements in the classroom and community across America. The program offers educational grants to Hispanic high school seniors. The Youth Awards offer regional and national awards in various categories. People must submit a separate application package per category by Friday. Selections are made by regional selection committee members. For more information, visit www.hispanichertigage.org or call the MWR Child and Youth Services program at 295-4806.

Women's History Month commemoration

The 187th Medical Battalion will host the 32nd Medical Brigade's Women's History Month Commemoration March 20 from 6:30 to 7:30 p.m. at the Hacienda Recreation Center. The event is free and open to all initial entry training Soldiers. For more information, call Sgt. 1st Class Roldan-McPhee at 295-2736.

Military Officers Association of America Golf Tournament

The First Annual Military Officers Association of America —Alamo Chapter Golf Tournament will be held March 28 at 1 p.m. at the Fort Sam Houston Golf Club, Loma Course. The entry fee of \$75 includes greens fees, cart, goodie bag and awards dinner. Registration forms are located at military golf clubs. Please mail the registration form to MOAA-AC, P.O. Box 8037, San Antonio, Texas, 78207. For more information, call 228-9955 or e-mail moaa-ac@sbcbglobal.net.

Rampage Hockey Military Appreciation

The San Antonio Rampage will honor the men and women of the Armed Forces during Military Appreciation Night March 29 at 7 p.m. at the AT&T Center. Plan to join the Rampage vs. Peoria Riverman. Stop by the Morale, Welfare and Recreation

Ticket Office located in the Sam Houston Club and purchase tickets. Tickets are \$16 per person and include one lower level ticket and voucher for free hot dog, soda and chips. Register to win the MWR grand prize giveaway, which includes two lower level Spurs playoff tickets, four SeaWorld passes, a \$100 Army and Air Force Exchange Service gift card and two Spurs Rampage hockey jerseys. Tickets must be purchased before March 27 to be eligible for entry into the MWR grand prize giveaway. One entry per purchase is allowed and the winner will be notified before March 29. Special military-themed jerseys worn by the players will be auctioned off after the game with proceeds donated to the Fisher House, the Warrior and Family Support Center, Operation Comfort and the Rampage Military Sled Hockey Team. For more information, call MWR Marketing at 221-2307 or the San Antonio Rampage at 444-5616.

Fisher House Charity Golf Tournament

The Brooke Army Medical Center

Auxiliary will host the Annual Fisher House Golf Tournament at the Club at Sonterra Golf Course April 7 beginning at 11 a.m. The donations to play include a box lunch, goodie bag, T-shirt, the cost of the play and dinner. All proceeds will benefit the Fisher House. For more information or to register, e-mail Ellyn Gilbert at ellyngilbert@sbcbglobal.net.

Laughlin Air Force Base Adventure Race

Laughlin Air Force Base is hosting Laughlin's Adventure Race April 26 at 7:30 a.m. at Laughlin Air Force Base, Del Rio. Compete in either of the divisions: Relay, five to eight people on a team, and X-Treme, four person teams. This year the event will introduce a new top secret course, to include 26 miles of biking, 8 miles of trail/road running, rafting and mystery team challenges. The event concludes with the awards ceremony, barbecue party and T-shirts. Entry fee is \$80 per team with completed registration no later than April 9. For more information, call the Losano Fitness Center at 830-298-5251/DSN: 732-5251 or visit www.laughlinservices.com.

Meetings Spouses' Club luncheon

The Spouses' Club of the Fort

Sam Houston area will host the 2008 Joint Services Luncheon March 26 at 11 a.m. at the Sam Houston Club. The featured keynote speaker will be Tanya Biank, author of "Army Wives: The Unwritten Code of Military Marriage," the basis for Lifetime Television's series "Army Wives," and attributing writer for "Military Spouse Magazine." The event is open to all military spouses in the San Antonio area. The cost is \$17. For more information or reservations, call Sigrid Reitstetter at 226-8806 or Marcella Garcia at 677-5187.

Military Officers Association of America luncheon

The Military Officers Association of America —Alamo Chapter will host a luncheon March 27 at 11 a.m. at the Randolph Officer's Club. The guest speaker will be Karla Ayala, executive vice president and founder of "Operation Homefront of Texas." Ther cost is \$16. Reservation deadline is March 24 by 12 p.m. For more information, call 228-9955 or e-mail moaa-ac@sbcbglobal.net.

Training Mountain State University

The Fort Sam Houston Education

Center will host a representative from Mountain State University for free informational sessions Tuesday and Wednesday from 8 a.m. to 4 p.m. at the Fort Sam Houston Army Education Center, Building 2248. Learn more about MSU's bachelors and master's degree programs. For more information, call Sherry Christiansen at 1-800-766-6067, ext. 1771 or visit www.mountainstate.edu.

Force tracking system training

The Information Management Training Branch will provide training for all active military services. The Force XXI Battle Command Brigade and Below /Blue Force Tracking System is a digital, battle command information system that provides near-real-time battle command information to tactical combat, combat support, and combat service support leaders and Soldiers. To register for a course, visit the Army Training Requirements and Resources System at <https://www.atrrs.army.mil> and enter course number 5K-F21/012-F46. Courses are available March 24 to 26, July 28 to 30 and Sept. 22 to 24. For more information, call Marvin Danzy at 221-0640 or e-mail marvin.danzy@amedd.army.mil; or Hartense Green at 221-2216 or e-mail hartense.green@amedd.army.mil.

Fort Sam Houston Independent School District

Weekly Calendar — Monday through March 21

*Spring Break
School resumes March 24*

Robert G. Cole Middle and Sr. High School
Tuesday
Baseball at Jourdanton, 7 p.m.

Board meeting

The Fort Sam Houston Independent School District Board of Trustees will meet at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road, for a regular meeting March 27 at 11 a.m.

DENTAC teaches proper dental, oral hygiene

By Dr. Kathy Maxwell
Fort Sam Houston Elementary School

Fort Sam Houston Elementary students learned how to care for their teeth from the students of the Preventive Dentistry Course and the Nutrition Branch of the Army Medical Department Center and School as they combined forces with Dental Activity to recognize Dental Health Month.

Elementary students rotated through four stations consisting of a "toothy skit," a "Guess the Good Food" game, a "healthy grocery shopping spree," and cluster groups focusing on proper oral hygiene to include flossing and proper brushing.

Fourth grader Taylor Coble said, "My favorite part of the DENTAC presentation was the play because I was chosen to be one of the actors. I really learned a lot and had fun too."

"I thought the tooth guy with the cavity was funny. I don't want that to happen to my teeth," said Olivia Lougee, also a fourth grade student.

DENTAC also sponsored an essay contest. The fourth grade prompt, "My teeth are important to me because..." and the fifth grade prompt, "My smile is important to me



Courtesy photo
Col. Marshall Cox along with Margaret Nunez present a gift certificate to second-place winner Austin Connor.

because..." were supported by three reasons in each essay. The cafeteria was full of excitement as winners were announced by DENTAC Commander Col. Marshall Cox.

Fourth grade winners were Melvin Bowen, first place, and Conner Austin, second place. Fifth grade winners were John Young, first place, and Alicia Taylor, second place.

First place winners received gift certificates from the Post Exchange, \$25 for first place and \$10 for second place winners. All students received a certificate for their participation.

For Sale Fort Freebies

For Sale: Winnie the Pooh stroller, blue with baby car seat, \$50; Nintendo Wii console sports package, two-year warranty, \$320; Air Jordan 23's shoes, black and red, sizes 9, 10 and 11, \$350 each obo. Call 896-8563.

For Sale: Magic Chef dishwasher, white, \$200 obo. Call 823-7066 after 9 p.m.

For Sale: Black leather sofa, \$250 obo; free beige recliner; Sealy crib mattress; solid pine coffee table with drawers and shelves; VTech learning computer with mouse. Call 727-667-8302.

For Sale: German shrunk, brown oak, 11 feet long by 7 feet high by 2.5 feet deep, glass and wood shelves, \$2,200 obo. Call Bob at

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is close of business Friday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort Freebie, e-mail news.leader@conus.army.mil or fax to 221-1198. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-0546.

221-2800 or 845-5453.

For Sale: General Electric 2.4 GHz cordless phone, \$10; four-piece apple-style red canisters, \$15; plastic aquarium, 5-gallon with accessories, no heat lamp, \$15; ladies, girls and boys clothing, \$2 to \$25. Call Nancy or Scott at 826-0882.

For Sale: Front bumper for 2003

Chevy Cavalier, new, \$157 obo. Call 337-718-6717 or 337-661-4430.

For Sale: Wooden twin-size Captain's bed with under-bed dresser, \$50; twin-size wood bed, \$25; lawn mower, \$25. Call 310-3821.

For Sale: Evenflo baby backpack carrier, \$35; musical baby bouncer, \$15; baby musical kicking toys, \$12; maternity clothes, sizes XL-2XL; half pug and half Llaso Apso, male puppy, 8 weeks, \$195. Call 633-3859.

For Sale: Solid wood deluxe sewing cabinet with ample storage and table top extenders plus overhead cabinet, \$149; fireplace tools,

bright brass, \$10; shredder, \$5; 1992 Ford Deluxe Conversion van, well maintained with new tires, \$2,995. Call 659-6741.

Carpoolers wanted: A registered nurse/case manager is seeking someone to carpool with three to five times a week, from the Highway 281 and Bitters/Jones Maltsberger area. He works at Brooke Army Medical Center Monday through Friday from 7:30 a.m. to 4:30 p.m. If interested or for more information, call Lt. Col. Jerry Gonzales at 916-6812, or page 513-0460 or e-mail jerry.gonzales@amedd.army.mil.

Hometown star



Fort Sam Houston personnel who want to share news of their accomplishments and achievements with family members and friends back home can participate in the Army and Air Force Hometown News Program.

Whether active duty, reserve, Guard or a Department of Defense civilian, you can fill out the Hometown News Release, the Department of Defense Form 2266, and forward it to Public Affairs.

Complete the DD Form 2266, posted on the Fort Sam Houston Public Affairs Web site at <http://www.samhouston.army.mil/publicaffairs>,

and submit it to PA by fax at 221-1198 or e-mail to HometownNews@samhouston.army.mil.

For more information, visit <http://www.samhouston.army.mil/publicaffairs>, call 221-1139 or 221-0546; or e-mail Minnie Jones at minnie.l.jones@us.army.mil or Olivia Mendoza at olivia.mendoza@us.army.mil.